

CHALLENGES IN CAREGIVING

giving care • taking care

June 3, 2013

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Tukwila Community Center



CONFERENCE HOSTS



CONFERENCE SPONSORS

- AARP Washington
- Seattle-King County Aging and Disability Services
- Washington Health Foundation

CHALLENGES IN CAREGIVING WORKSHOPS

8:00	REGISTRATION	Coffee & Resource Exhibits
9:00	Welcoming Remarks	
9:10-10:15	KEYNOTE Maintaining Joy and Passion in the Midst of Caregiving Robin Rose; Robin Rose Training and Consulting	
10:15-10:45	BREAK	Refreshments & Resource Exhibits
10:45-12:00	<p>A1 JEST for the Health of It Sherry Lebed Davis; President of Healthy Steps Finding humor in tough times may be hard to do, but laughter is good for your mind, your heart, your spirit and your blood pressure. Come and hear how you can use humor to help reduce stress and anxiety, even in very difficult situations.</p> <p>A2 Dealing with Difficult Personalities Robin Rose; Robin Rose Training and Consulting We all interact with people who have personality traits that annoy or challenge us. This workshop focuses on you and the skills needed to avoid taking other peoples' behaviors personally, to stay focused on the goal of providing the best care possible, and to reduce tension in the home or workplace. The session will empower you from the inside out! (Repeated as B2)</p> <p>A3 Learn to Relax...Naturally Diane Hetrick, Physical Therapist; Swedish Medical Center Caring for others requires learning how to care for yourself, and especially how to manage your stress. This workshop provides information and opportunities to practice techniques that help you relax physically and mentally, to breathe easier and to sleep better. Hear tips on the mind-body connection, finding joy in difficult times, and the use of compassion and gratitude practices.</p> <p>A4 You're Not Alone: Get to Know Community Services & Resources Steve Emmer, MSW; Full Life Care Learn the basics about in-home care, adult day centers, home delivered meals, transportation and resources for family caregivers. The session will include a discussion on balancing a caregiver's concern for safety and the individual's right to take some risk. You will also hear about options like assisted living and adult family homes, and where to find help in your local community.</p> <p>A5 Managing Medications at Home: Practical Tips & Strategies for Family Caregivers RaChelle Zylstra, PhD; Planning Director, Northwest Regional Council Managing medications can be complicated and create extra worry for family caregivers. This workshop will help you better understand prescriptions and common medication problems. You will learn practical techniques for safely managing medications, as well as tips on talking to health care providers about medications.</p> <p>A6 Working with Persons with Developmental Disabilities and Challenging Behaviors Rick Pribbernow, Coordinator, Parenting & Life Skills Education; Compass Health Often we perceive people as hard to work with because of different or challenging behaviors. In this presentation, we will sort out "is it them or me?" and examine the differences. We'll take a creative look at problem solving "outside the box" and examine strategies for reducing conflict within the family or living environment.</p>	<p>[A] Concurrent Workshops</p> <p>Choose 1 to attend</p>
12:00-1:00	LUNCHEON	
1:00-2:15	<p>B1 Dementia Basics: Understanding Behaviors and How You Can Help Michael A. Bower, BA, ACC; Lead Trainer, Education Department, Alzheimer's Association Repeating questions, refusing to take a bath or being overly suspicious are common behaviors for people with dementia. Understanding the disease process and how it leads to such behaviors can help you develop new ways to respond to frustrating situations. Communication tips and behavior strategies for early, middle and later stages will be presented. (Repeated as C1)</p> <p>B2 Dealing with Difficult Personalities Robin Rose; Robin Rose Training and Consulting We all interact with people who have personality traits that annoy or challenge us. This workshop focuses on you and the skills needed to avoid taking other peoples' behaviors personally, to stay focused on the goal of providing the best care possible, and to reduce tension in the home or workplace. The session will challenge you from the inside out! (Repeat of A2)</p>	<p>[B] Concurrent Workshops</p> <p>Choose 1 to attend</p>

Session B workshop choices continue on NEXT PAGE

<p>1:00–2:15</p> <p>[B] Concurrent Workshops <i>continued</i></p> <p>Choose 1 to attend</p>	<p>B3 The Grief Thief: Moving Forward Despite the Losses Rick Pribbernow, Coordinator, Parenting & Life Skills Education; Compass Health You may grieve for the lost relationship with a parent or spouse, or the change in your role from a loved one to a caregiver. Giving up things that are familiar like driving, the family home, and changes in routine are other losses that can make it difficult to move forward. This workshop reviews the stages of grief and explores strategies to support you and others through life's losses. (Repeated as C3)</p> <p>B4 Decision Making: Planning Care for a Family Member When it is Time for a Change RaChelle Zylstra, PhD; Planning Director, Northwest Regional Council Making decisions about the care of a family member is a big responsibility, and there may be disagreement among individuals about what's best. The speaker will offer insights and suggestions about when more help is needed with caregiving, how to approach decisions with the right information, and guidance on where to start the decision making process.</p> <p>B5 Is it Depression? Signs, Symptoms and Interventions George Dicks, BA; Geriatric Mental Health Specialist, Harborview Medical Center, MHP Depression is common in people with chronic illnesses and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed.</p> <p>B6 Keeping Your Back on Track: Transfer Skills and Back Injury Prevention Peg Maas, Physical Therapist; Swedish Medical Center Most back injuries occur as a result of repeated, daily stress on the back. This interactive workshop provides practical information on basic body mechanics and care of your back during everyday activities. The speaker will demonstrate safe techniques for transferring an impaired person, and assistive devices that will make the job easier for you and for the person you're assisting.</p>
<p>2:15–2:45</p>	<p>BREAK Refreshments & Resource Exhibits</p>
<p>2:45–4:00</p> <p>[C] Concurrent Workshops</p> <p>Choose 1 to attend</p>	<p>C1 Dementia Basics: Understanding Behaviors and How You Can Help Michael A. Bower, BA, ACC; Lead Trainer, Education Department, Alzheimer's Association Repeating questions, refusing to take a bath or being overly suspicious are common behaviors for people with dementia. Understanding the disease process and how it leads to such behaviors can help you develop new ways to respond to frustrating situations. Communication tips and behavior strategies for early, middle and later stages will be presented. (Repeat of B1)</p> <p>C2 The Body is Meant to Move: Increasing Physical Activity in People With a Chronic Illness or Disability Sherry Lebed Davis, President of Healthy Steps Join the instructor in a fun, lively workshop that will inspire you to help get the person you care for moving in a safe and effective way. Learn how to find the right activity to help relieve pain, improve balance and decrease stress. Activities are appropriate for people with a physical disability, dementia or brain injury.</p> <p>C3 The Grief Thief: Moving Forward Despite the Losses Rick Pribbernow, Coordinator, Parenting & Life Skills Education; Compass Health You may grieve for the lost relationship with a parent or spouse, or the change in your role from a loved one to a caregiver. Giving up things that are familiar like driving, the family home, and changes in routine are other losses that can make it difficult to move forward. This workshop reviews the stages of grief and explores strategies to support you and others through life's losses. (Repeat of B3)</p> <p>C4 Legal Issues in Caregiving Janet L Smith, Attorney at Law; Northwest Elder Law Group Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about what legal documents you must have in place when planning for future care needs or disability.</p> <p>C5 Hospital 101: Know Before You Go RaChelle Zylstra, PhD; Planning Director, Northwest Regional Council 75% of all older adults are suddenly admitted to the hospital through the emergency room. They may also be discharged quickly, with little time to make a smooth transition back home or to an extended care facility. Be prepared, know your rights, and learn how to make a hospitalization as successful as possible for everyone involved.</p> <p>C6 When Mental Illness Complicates Caregiving George Dicks, BA; Geriatric Mental Health Specialist, Harborview Medical Center, MHP Mental illness presents serious challenges for caregivers. With aging, symptoms of mental illness may change; for instance, dementia or depression may add to a pre-existing condition like schizophrenia or bipolar illness. Learn where to find help with assessment, how to work with mental health providers, and how to support someone with chronic mental illness.</p>
<p>4:00</p>	<p>CELEBRATION OF CAREGIVING RECEPTION Refreshments & Door Prizes</p>

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Tukwila Community Center

A CONFERENCE FOR CAREGIVERS

This conference is designed for family and community caregivers and offers practical, up-to-date resources and information to help you in your caregiving responsibilities.

Training

Dynamic speakers from a variety of backgrounds including health care, rehabilitation, social work, and law will share their expertise and knowledge in twenty sessions offered throughout the day. You choose the sessions you need most in your own situation.

Resource and Information Exhibits

Exhibitors will offer informational displays of caregiving products, services, and literature from 8am to 3pm. Staff from major health and social service organizations will also be available with information to answer any questions you may have.

Support and Sharing with Other Caregivers

During breaks, lunch, and the late afternoon reception, compare notes and learn from others in similar situations.

WHO SHOULD ATTEND?

- Family members caring for an adult or senior with chronic illness or disability.
- Adult children concerned about aging parents.
- Parents caring for adult children with disabilities.
- Home care workers and adult day services staff.
- Adult family home or assisted living staff.
- Social service or mental health professionals who work with family caregivers.

REGISTRATION INFORMATION

■ **Register Early:** Space is limited! Registrations are accepted on a first come, first served basis. Register before May 15th to be eligible for the early registration fee listed below. Registration after this date is available as space allows.

■ **Registration Fee:** Early registration fee of \$30 for individual caregivers and \$50 for agency-based caregivers. After May 15th, fees increase to \$40 (individual caregivers) and \$75 (agency caregivers). *Scholarships are available for unpaid family caregivers, courtesy of the Washington Health Foundation. To request a scholarship, call 360-725-2545.*

■ **Confirmation:** A written confirmation letter with driving directions will be mailed to you once your registration is received. If you don't receive a confirmation letter by May 28th, please call 360-725-2544 or 1-800-422-3263. *Please bring your confirmation letter with you the day of the conference.*

■ **Group Registrations:** Register each individual attending the conference on a separate registration form—indicating session preferences. Registration forms may be photocopied as needed. Payment may be combined and attached to multiple registrations stapled together. Be sure to indicate the agency name on the registration and the check.

If your agency is registering for you, respond early to allow time for the check and registration to be sent BEFORE the registration deadline to avoid disappointment!

■ **Cancellation:** Fee is refundable if your request is made before May 15th. There are no refunds after that date.

■ **You must preregister.** Registration will not be possible at the conference.

Accommodations for People with Disabilities

The conference site is wheelchair accessible.

If you need reasonable accommodations (such as special seating or a listening device), mark the appropriate box on your registration, indicate what type of assistance you need, and mail by May 15th. Conference staff will call you and help make necessary arrangements.

Respite Care

If you are an unpaid family caregiver and need help finding respite care for your family member in order to attend this conference, mark the appropriate box on your registration, and mail by May 15th. Conference staff will contact you and help you arrange respite care services.

Continuing Education

Certificates of attendance are available for each session attended. Caregivers working for an adult family home, assisted living facility, or home care agency may be able to receive credit towards CE requirements. Talk with your supervisor first.

RESOURCE EXHIBITORS

- AAA Residential Services, Inc
- AARP Washington
- Advanced Health Care
- Aging and Disability Services Administration
- Alzheimer's Association Western and Central Washington
- American Red Cross—Personal and Family Preparedness for Caregivers
- Arcadia Home Care
- Brain Injury Association of Washington
- Catholic Community Services Long Term Care
- Crisis Clinic
- Elder and Adult Day Services
- EvergreenHealth Home Care Services
- Family Resource Home Care
- Fidelis Secure Home
- Franciscan Hospice and Palliative Care
- Full Life Care
- Kin On Community Care Network
- KWA
- Lutheran Community Services Northwest
- Multicare/Good Samaritan Older Adult Services
- National Multiple Sclerosis Society, Greater Northwest Chapter
- On Your Own, Inc
- Parkinson's Disease Information and Resources for Caregivers-APDA
- Parkinson's Disease Information and Resources for Caregivers-NWPF
- Patriots Landing/Patriots Glen
- People's Memorial Association
- Pierce County Family Caregiver Support Program
- Professional Medical Corp
- ResCare HomeCare
- SafetyLine
- Seattle-King County Aging and Disability Services
- Senior Services of King County Caregiver Program
- Sight Connection
- Soundview Medical Supply and Beverly's Daughters
- Washington Health Foundation

CONFERENCE LOCATION

Tukwila Community Center

12424 42nd Ave. South • Tukwila, WA 98168



The center is approximately one mile off I-5, exit #156, and five miles from SeaTac Airport. Detailed directions will be mailed with your confirmation.

Special room rates and free shuttle service to the conference center are available at the Courtyard

SeaTac Marriott for overnight guests. The reduced rates will be offered until May 12th.

For reservations, please call the Courtyard SeaTac Marriott at 425-255-0300. Ask for the Caregiver Conference/DSHS room reservation block.

REGISTRATION

Register only one person per registration form. Photocopy the form for additional attendees.

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REGISTER BY MAY 15, 2013

Name _____ Phone (____) _____

Address _____ Agency _____
☐ Work ☐ Home (If applicable)

City _____ E-mail _____

State _____ Zip _____ Country _____ Have you attended the conference before? ☐ Yes ☐ No

How did you hear about the conference? ☐ Mailed brochure ☐ DSHS/ADSA website ☐ Friend/family

☐ Support group ☐ Daily Newspaper ☐ Senior newspaper ☐ Newsletter ☐ My Workplace

PLEASE GIVE US THE FOLLOWING INFORMATION FOR THE DAY OF THE CONFERENCE

Circle your workshop choice for each time period. If you aren't sure, please make your best guess.

Session A (10:45 - Noon) A 1 A 2 A 3 A 4 A 5 A 6

Session B (1:00 - 2:15) B 1 B 2 B 3 B 4 B 5 B 6

Session C (2:45 - 4:00) C 1 C 2 C 3 C 4 C 5 C 6

The workshop schedule is on
the back of this brochure.

Meal Selection A box lunch will be provided.

☐ I would prefer a vegetarian meal. ☐ I would prefer a gluten-free meal.

Respite care

☐ I am an unpaid family caregiver and will need help to provide care for my relative while I attend the conference.

Send your registration in no later than **May 15, 2013** and you will be offered information on resources that may assist you in making arrangements. **Describe help needed on a separate piece of paper and include with registration.**

Accommodations for people with disabilities

☐ I will need special accommodations in order to attend the conference.

Every effort will be made to provide reasonable accommodations such as special seating or listening devices. Send your registration in by **May 15, 2013** and you will be contacted by conference staff. **Describe help needed on a separate piece of paper and include with registration.**

Please check the appropriate boxes below

Cost includes a continental breakfast, box lunch, all workshops & reception

☐ **I AM AN INDIVIDUAL CAREGIVER:** \$30 fee before May 15th—\$40 after May 15th

☐ Family Caregiver (unpaid) ☐ Adult Family Home Staff ☐ Volunteer Caregiver ☐ In-home Care Worker

☐ **I WORK FOR AN AGENCY AS:** \$50 fee before May 15th—\$75 after May 15th

☐ Home Health/Home Care Staff ☐ Respite Worker ☐ Assisted Living/Boarding Home Staff
☐ Adult Day Services Staff ☐ Other social services or health professional ☐ Geriatric Mental Health Specialist

TOTAL ENCLOSED: \$ _____ Check # _____

No refunds after May 15, 2013

Mail registration and fee to:
Carmen Jones
Full Life Care
800 Jefferson Street, Suite 620
Seattle, WA 98104

Make check payable to:
Full Life Care

Agencies Only:
No Purchase Orders accepted.
Indicate the agency name on
the check.

Questions?
Call 360-725-2544
or 1-800-422-3263